

Services require VA enrollment.

Veterans Affairs: Federally-funded and federally-executed ... Does require VA enrollment
The Department of Veterans Affairs (VA) is responsible for providing vital services to America's veterans. VA provides health care services, benefits programs and access to national cemeteries to former military personnel and their dependants.

Veterans Eligibility. For the purposes of VA health benefits and services, a person who served in the active military service and who was discharged or released under conditions other than dishonorable is a Veteran. Under federal law, a veteran is any person who served honorably on active duty in the armed forces of the United States. Discharges marked “general and under honorable conditions” also qualify. *NOTE: If the Veteran is not yet enrolled with the VA and submits an application, Hospice patients are “fast-tracked”. If the Hospice patient passes away before the VA completes the adjudication process and eventually approves eligibility, the surviving widow may be eligible for applicable benefits.*

2017 Online Edition Federal Benefits for Veterans, Dependents and Survivors

- [Introduction and Acronyms](#)
- [Chapter 1: Health Care Benefits](#)
- [Chapter 2: Non Health Care Benefits](#)
- [Chapter 3: Burial and Memorial Benefits](#)
- [VA Facilities](#)

County Veterans Service Office assists veterans, dependents, and retirees in obtaining benefits from the U.S. Department of Veterans Affairs. Applications for hospitalization, service connected compensation, education, loans, scholarships, pensions, and burial allowances are processed and appealed, if necessary.

COUNTY	ADDRESS	PHONE	OFFICE HOURS	AID
Watauga	126 Poplar Grove Connector #203, Boone, NC 28607	828.265.8065 april.goodman@watgov.org	8:00 AM - 5:00 PM Monday - Friday	Assists with VA claims
Ashe	150 Government Cir #2100, Jefferson, NC 28640	336.846.5575 veterans@ashecountygov.com	8:00 AM - 5:00 PM Monday - Thursday Friday: Appointments	Assists with VA claims Hospital, nursing home, assisted living and home visits for severely disabled
Avery	175 Linville St Newland, NC 28657	828.733.8211 georgia.henry@averycountync.gov	8:00 AM - 4:30 PM Monday - Wednesday	Assists with VA claims

High Country Purple Heart Homes: National non-partisan non-profit ... 704.838.4044

Veteran service organization designed for *service connected disabled veterans* who currently own a home that no longer meets their physical needs. PHH provides service connected disabled veterans with the dream of home ownership, as well as renovations to homes already owned by veterans.

Services may or may not require VA enrollment.

NC4Vets:

Start Your Search Here to Locate Federal, State, Local & Non-Profit Services Near You.

844.NC4.Vets or 944.624.8387 Monday - Friday, 7:00 AM - 7:00 PM for one-on-one assistance

NOTE: Booklet describes benefits, but does not detail how to apply

AuntBertha.com: Search for free or reduced cost services like medical care, food, job training, and more.

American Red Cross Service to Armed Forces: The American **Red Cross** works in partnership with **military aid** societies to provide quality, reliable financial **assistance** to eligible applicants 24/7/365. **Assistance** can include funds for emergency travel, burial of a loved one, emergency food and shelter, etc. Call the American Red Cross Hero Care Center at 1-877-272-7337 (toll-free) if you are:

- An active duty service member
- A member of an activated National Guard or Reserve unit
- An immediate family member of a service member in the above two categories
- A military retiree or spouse/widow(er) of a retiree

May require proof, but not VA enrollment.

When requesting financial assistance from local Veteran non-profit organizations, please prepare with Veteran information and to which company the check should be made out. Most non-profit organizations prefer to send funds to the service provider and not directly to the individual. As an example, the family may have to provide Blue Ridge Energy account access so the non-profit can verify amount due...all of which may be accomplished by phone.

American Legion: National non-partisan non-profit ... Does not require VA enrollment for financial assistance

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

COUNTY	ADDRESS	PHONE	MEETING	AID
Watauga Post 130	135 Bear Trail Ln Boone NC 28607	828-264-2864	1st Thursday, 6:00 PM	Honor Guard
Watauga Post 256	333 Wallingford St PO Box 62 Blowing Rock NC 28605	828.295.5222 Blowing Rock Parks & Rec	As required	UNKNOWN
Ashe Post 80	205 Piney Creek Rd PO Box 235 Lansing NC 28643	336.977.2295 Carroll Elliot	2nd Friday, 7:00 PM	Honor Guard Sickness & Distress

Disabled American Veterans (DAV): National non-partisan non-profit ... Does not require VA enrollment for financial assistance

DAV Mission Statement: We are dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. We accomplish this by ensuring that veterans and their families can access the full range of benefits available to them; fighting for the interests of America's injured heroes on Capitol Hill; and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

- Providing *free, professional assistance to veterans and their families in obtaining benefits and services* earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.
- Providing outreach concerning its program services to the American people generally, and to disabled veterans and their families specifically.
- Representing the interests of disabled veterans, their families, their widowed spouses and their orphans before Congress, the White House and the Judicial Branch, as well as state and local government.
- Extending DAV's mission of hope into the communities where these veterans and their families live through a network of state-level Departments and local Chapters.
- Providing a structure through which disabled veterans can express their compassion for their fellow veterans through a variety of volunteer programs.

DAV operates a fleet of vehicles around the country to provide *free transportation to VA medical facilities* for injured and ill veterans. DAV stepped in to help veterans get the care they need when the federal

government terminated its program that helped many of them pay for transportation to and from medical facilities. The vans are driven by volunteers, and the rides coordinated by more than 160 Hospital Service Coordinators around the country.

COUNTY	ADDRESS	PHONE	MEETING	AID
Watauga Chapter 90	135 Bear Trail Ln Boone NC 28607	423.727.1955	3rd Thursday, 6:00 PM	\$200 Sickness & Distress Transportation to VA Color Guard
Ashe Chapter 80	446 Ashe Park Rd Jefferson NC 28640	828.406.0620 336.977.8722 Rick Cornejo	2nd Monday, 6:00 PM	\$200 Sickness & Distress Transportation to VA Color Guard
Avery Chapter 87	316 Estatoa Ave [near Fire Station] Newland NC 28657	828.733.0913 828.783.0507 Richard Trivette 828.260.0620 Mike Halus	1st Thursday, 6:30 PM	\$200 Sickness & Distress Avery County Transportation provide free transportation within the County & medical appointments even outside the County

Veterans for Foreign Wars: National non-partisan non-profit ... Does not require VA enrollment for financial assistance

Mission: To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans.

Vision: Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

COUNTY	ADDRESS	PHONE	MEETING	AID
Watauga Post 7031	144 VFW Dr Boone NC 28607	828.264.9570	2nd Thursday, 6:30PM	Sickness & Distress Fund
Ashe Post 7946	446 Ashe Park Rd Jefferson, NC 28640	336.982.6233 William Carter	3rd Monday, 6:30 PM	Sickness & Distress Fund
Avery Post 4286	3139 Millers Gap Hwy Newland, NC 28657	Kevin Holden	2nd Thursday, 6:30PM	Color Guard

Military Officers Association of America (MOAA): National non-partisan non-profit

Military Officers Association of America supports active & retired military personnel, and spouses of deceased military officers. MOAA is the nation's largest and most influential association of military officers. We are a powerful force speaking for a strong national defense and representing the interests of military officers and their families at every stage of their careers. To reach our Member Service Center, please call 1-800-234-6622 or email us at msc@moaa.org.

COUNTY	ADDRESS	PHONE	MEETING	AID
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NC-21 Avery, Mitchell, Watauga	High Country MOAA PO Box 3312 Boone NC 28607	gibbardro@ap pstate.edu	UNKNOWN Requested in email	UNKNOWN Requested in email
NC-22 Allegheny, Ashe, Wilkes	New River MOAA PO Box 1202 Jefferson NC 28640	info@newrive rmoaa.org	UNKNOWN Requested in email	UNKNOWN Requested in email

Marine Corps League: National non-partisan non-profit

Members of the Marine Corps League join in camaraderie and fellowship for the purpose of preserving traditions, promoting the interests of the United States Marine Corps, banding together those who are now serving in the United States Marine Corps and those who have been honorably discharged from that service. Effectively promote the ideals of American freedom and democracy. Voluntarily aiding and rendering assistance to all Marines, FMF Corpsmen, FMF Chaplains, and former Marines, FMF Corpsmen and FMF Chaplains and their widows and orphans; and to perpetuate the history of the United States Marine Corps and by fitting acts to observe the anniversaries of historical occasions of particular interest to Marines.

COUNTY	ADDRESS	PHONE	MEETING	AID
Mountaineer Detachment #1320 (Watauga & Avery)	Sagebrush 1111 NC Hwy 105 Boone NC 28607	mcldet1320@ gmail.com	1st Monday, 7:00 PM	Sickness & Distress Fund
High Country Detachment #1389 (Ashe)	Christian Unity Baptist Church 326 E Main St Jefferson NC 28694	828.406.4446 "Tugboat"Northrop Tugboat1@sky best.com	4th Monday, 6:00 PM	Sickness & Distress Fund

Free firewood for Veterans in Need. Please contact Taz for more information.



Mike Vannoy (828) 471 6810
 Licensed Professional Counselor, LPC, LCAS, CCS ... Verified by Psychology Today
 treat adults, and families. I am very suited to work with a wide spectrum populations including both mental

use issues. Most of my patients find that I am a good listener with empathic and genuine qualities. I work and believe in meeting my patients where they are in relation to our work together. If you are looking for a therapist who is versatile, experienced, and open to a variety of issues I might be a good fit for you."



Susan (Suzi) Elizabeth Woodard
 Licensed Professional Counselor, LPCS, CCTP ... Verified by Psychology Today
 "I love being a part of the healing and growth of people who seek those changes. It's a privilege to work with individuals, couples, families and groups, with a wide range of concerns. My integrative style blends practical cognitive and behavioral/verbal skills and concepts with research-supported expressive arts processes, breath and mindfulness practices, individualized yoga, emotional management and balance, and the innate power of the natural environment. My clients appreciate learning about how new brain and mind-body research applies to their concerns and how sometimes addressing their earlier life experiences can shift difficult current patterns.."



Patricia Stapleton Bock (919) 249 7169
 Clinical Social Work/Therapist, MSW, LCSW, LCAS, CCS, TF-CBT... Verified by Psychology Today
 "I invite you to utilize my over 30 years of mental health/addictions education and experience, empowering you with highly effective and enduring therapy, resolving long term and recent issues that block your happiness and success. Adults, youths, couples and whole families are carefully taught needed skills and facilitated actual healing processes, step by step, to remedy thought distortions, repressed feelings and dysfunctional behaviors and attitudes that impair your relationships, socialization, work or school success. Treatment is customized in consideration of individual schedules, preferences, strengths, obstacles and goals for lasting growth and change. Christian counseling is available upon request."

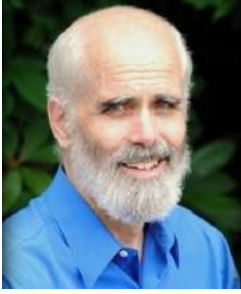


Griff Gilbert (828) 539 4305
 Clinical Social Work/Therapist, LCSW, BCD ... Verified by Psychology Today
 "As a solution-focused therapist, my goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life. If you're ready to move in a new direction in your life, I look forward to working with you to achieve your goals."



Tyler Deal (828) 395 1978
 Counselor, MFA, MA, LPCA ... Verified by Psychology Today
 "I am honored to work with students, adults and elder residents of the High Country community. I believe the authentic connection that is created within a therapeutic relationship supports individuals in accessing their inherent strength, wisdom and resilience in order to take natural steps in the direction of healing. I trust in your ability to heal, to recover from serious setbacks and challenges, and to make meaning in your life. I enjoy working with individuals who are in transition, facing challenges or feelings of being stuck. My practice focuses on anxiety, depression, transitions, grief and loss."

Tom Woodard (828) 408 0310



Licensed Professional Counselor, LPCS, LCAS, CCS, CCTP ... Verified by Psychology Today
"Since 1986, I have found helping others to live better lives personally and professionally meaningful. I work from a holistic perspective with adults, adolescents and couples to relate better to themselves, others and the natural world in we live in. I work pragmatically toward solutions that work for the client. I use a developmental perspective to assist clients to learn new coping skills, or to replace or enhance old strategies that are no longer working well. I also teach mindfulness, use of the breath and other self calming techniques for stress management."



Lucyna Sonek (828) 527 0143

Licensed Professional Counselor, MPsych, MA, LPC, LCAS ... Verified by Psychology Today
"I strive to assist distressed individuals in regulating emotions, improving mood, cultivating positive thinking, changing unproductive behaviors, and in creating wellness, life satisfaction, and self-acceptance. By exploring and identifying unique, personal thinking patterns, challenges, needs, and strengths we work in therapy to promote the meaning in life, responsibility, and the pursuit of genuineness and the best in self, life and relationships. My approach is compassionate, backed by extensive training and I have over 30 years of experience in education, community service, and psychotherapy with children, students, adults, couples, families, and groups."



Bob Hill (828) 398 0102

Psychologist, PhD, ABPP ... Verified by Psychology Today
"I provide Psychotherapy with a focus on understanding human behavior and helping people with their emotional difficulties and personal problems. Psychotherapy typically starts with an assessment of problematic symptoms and maladaptive behaviors that often intrude into a person's social life, school or work activities, and physical health. Specific strategies are employed to alleviate specific problems causing distress such as depression, anxiety or relationship problems. Self-knowledge is an important key to changing attitudes and behavior. Psychotherapy may involve the development of insight as to how our physical health may be compromised in many ways by emotional and relationship issues."



Peter A Paglen (828) 393 4248

Licensed Professional Counselor, MA, NCC, LPC ... Verified by Psychology Today
"Do you have something on your mind? There are times when we all have thoughts running through our minds. Thoughts related to family, friends, relationships, school, love, spirituality, money, work, or happiness. Sometimes they are memories from your past that you're unable to let go. Maybe you can't sleep, maybe you can't eat. Maybe you have lost your purpose, who you are, what you're doing or why. It could be big, or just a small thing you want to let go. These situations can slow you down and pull your life to a stop."